

# **A STUDY ON PREVALENCE OF SUBCLINICAL HYPOTHYROIDISM IN SYSTEMIC SCLEROSIS PATIENTS**

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## **Abstract**

Background: Systemic sclerosis is a rare connective tissue disorder, with multisystem involvement, progressive course , significant morbidity and premature death. With the disease specific pathology of diffuse microangiopathy, autoimmunity and inflammation, visceral and multiorgan vascular fibrosis, the prevalence of thyroid dysfunction in systemic sclerosis has been studied in various studies in centers The presence of subclinical hypothyroidism, further increases morbidity and mortality in systemic sclerosis patients. Thus by detecting and treating it earlier, morbidity can be reduced in systemic sclerosis patients

Objective: To evaluate the prevalence of subclinical hypothyroidism in systemic sclerosis patients, For early detection of subclinical hypothyroidism and early initiation of thyroid replacement therapy.

Methods : This study involved 50 patients both new and old cases of systemic sclerosis, visiting Rheumatology department in Government Rajaji Hospital,

Madurai Thyroid function tests, such as thyroid-stimulating hormone (TSH), free tri-iodothyronine (T3), free thyroxine (T4), were advised in all cases, and anti thyroid peroxidase (anti-TPO) antibody, thyroid gland ultrasonography in selected patients only.

**Results :** The prevalence of subclinical hypothyroidism was found to be 20% among the study population and statistically significant proportion of people had morbidity predicting risk factors like dyslipidaemia, proteinuria and ECHO changes among people with SCH than euthyroid population.

**Conclusion :** The prevalence of subclinical hypothyroidism in systemic sclerosis patients warrants inclusion of TFT , anti-thyroid antibodies and imaging of thyroid if necessary in routine clinical profiling of systemic sclerosis patients.

**Key words:** Sub-clinical hypothyroidism, Systemic sclerosis, Auto-immunity